6/1: HR 110-120, 150-180w, O-sats 96%, O-sats dropped (to 94) after 30' so shut it down, then easy spin 100bpm for 20' and O-sats came back up, 400 kj
Weight dropped across the illness 170=>167 - hopefully mostly water and blood volune
Strength:
1- three rounds of 8 reps: squats, pushups, situps
2- three rounds of 8 alt Hex DL (100#) with Scotty Bob's (12# DBs)
Mix in stretches to keep HR down. 20', O-sats appeared to like weights, up to 98 and stayed there
75 minutes walking and coaching the kids (sprints & jumps)

6/2: 96% morning O-sats, slept well, Oura had body temp up a bit, room was very cold (62F)
🚴, 15' recovery effort then 150-180w (30' @ ~165w/116bpm), HR spiked to 129bpm at end of set so shut it down, 425kj
💪 Think about gym work as muscle re-activation:
Three rounds of alt walking lunges (8xBW) with clean & press (6x65#)
Three rounds alt 3x clean/front squat/push press (95#) with 6 sandbag getups (kid bag)
Mix stretches in to keep HR down
End the day with "Walk the neighborhood" for an hour

6/3 Big News is my first negative test since infection (10th morning since symptom onset). Morning metrics low end of normal, O-sats 95%, good sleep, wake up time moving earlier/towards normal, moderate cough endures & feels different today
🚴 30' very easy (<100bpm) then 30' 150-180w, 100-110bpm, first day low-end HR aligned with pre-COVID watts (166w, 105 bpm) 550kj;
Hour walk to/from the library later

6/4 cough left, 14,000 steps

6/5 12th morning since 1st symptoms, O-sats 95, I think there is info in the O-sats that doesn't get picked up with mood/soreness/energy
🚴 30' at 100 bpm then 30' easy (<120bpm) then 25' <100 bpm, 625kj
Surprising post workout fatigue and O-sats dropped a little
Good news is they crept back up and I felt decent all afternoon and evening

6/6 feel good, 🚴 hour easy HR<110bpm, 575kj
💪 Repeat 6/1 strength session but use Hinge Lift (95#) and increase Scotty DBs to 25#, felt really good, no sensation of O-sats plunging
Afternoon walk for an hour.
I felt great today

6/7 Feel good but MRHR/O-sats remain a little out of whack
🚴 1:30 easy, 106 bpm avg, 119 bpm max, 750kj
🏊 1k straight (15:33, scy, b/l 3), 4x25 c/d - first time doing a continuous swim - encouraging and an important small victory

6/8 🚴 HR popped a little when holding Z0 power so shut it down at 45', 100 bpm avg / 114 bpm max, 385 kj
Walk before it got hot
Grateful for my baseline metrics, without insight into HRV, MRHR and O-sats... I'd be back trying to train by now

6/9 Day 17 post symptom onset
🚴 easy 35', 275kj
💪 Repeat 6/2 sessions, felt good, nice mini dose of anaerobic stimulus - love the clean/front squat/press combo
Off to sea level

6/10 slept in Cali last night - today is earliest day for return to normal training progressions,
🚣 2k LCM benchmark 36:17 (1:49 per 100m), total 2.2k 40'
Lots of movement and standing for Jonser's retirement ceremony

6/11 travel day back to BoCo
Morning O-sats 98, MRHR still elevated
Back in BoCO, O-sats dropped in mid-90s again
No real training today

6/12 normal looking morning after easy day and travel back to BoCo
🚴 130bpm cap, HR jumpy like after a long break 😉, settled after an hour, 2hrs, 1150 kj
Back using Albuterol, as needed
Back of throat tickle after the workout
Sprints with kids, normal weights and an easy swim with my son
About 4 hours of activity

This kept rolling for four more days

Five Day Totals 6/12 to 6/16

Hrs	5-day		Kilojoules
1.9	Strength	11%	
0.3	Bike Heavy	2%	300
1.0	Swim Heavy	6%	
8.5	Bike	49%	3,635
1.2	Swim	7%	
4.5	Hike	26%	
17.4		100%	3,935
14.2	Stamina	82%	
3.2	Heavy/Anaerobic	18%	